

# **The Center at Priscilla Place**

## ***Senior Center serving adults age 55+***

### **May 2017**

**23 Priscilla Place • (203) 452-5199**

**Monday through Friday 9:00 AM—4:00 PM • Thursdays 9:00 AM -7:00 PM**



**The Center will be closed in observance of  
Memorial Day on Monday, May 29th; Honoring all who served.**



## **AGE OUT LOUD!**



### **“Age Out Loud”**

### **Older Americans Month - 2017**

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best. Age Out Loud, to give aging a new voice—one that reflects what today's older adults have to say. This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and Older Americans Month 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today. Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country. <https://oam.acl.gov/index.html>

**Join us as we speak up and out loud!**

#OAM17 and #AgeOutLoud

#### ***Give Back Food Pantry Collection***

**Bring your items to the desk at the Center!**

Throughout the month of May, the Center will be hosting a food drive for Trumbull's Food Pantry. Let's show the community how much older adults contribute to their community!

The Food Pantry is currently looking for the following items:

- Toiletries, laundry detergent, dish soap, napkins
- Pasta, spaghetti sauce
- Canned fruit, applesauce
- Juice, water

#### ***More Older Americans Month Programs***

- Super Bingo-See page 3
- Medicare Boot Camp-See page 4
- **Spring Tea Party**-See page 4
- Meditation Lunch and Learn-See page 4
- Family Feud Game-See page 4

#### ***Proclamation Day***

***Breakfast with the First Selectman***

***May 18th at 10:30 AM***

First Selectman, Timothy Herbst, will present a Proclamation for Older Americans Month.

Join us for breakfast and conversation!

To RSVP, please call (203) 452-5137

#### ***Older Americans Month Raffle***

**Enter for a chance to win a \$10 gift card**

**To enter you can do any of the following:**

- Send us a picture on Facebook with the hashtag #OAM17 and #AgeOutLoud and tell us how you Age Out Loud. “I age out loud because or I age out loud by...”
- Meet with the nurse for a blood pressure check and fill out your AgeOutLoud quote.
- Donate to the Food Pantry and fill out an AgeOutLoud quote.
- Attend a new program and fill out your AgeOutLoud quote at the front desk.

The Trumbull Senior Center acts as a community resource and conduit to other services available to senior adults, aged 55 and older. The center offers a central location where individuals can receive information and services of interest to older adults. It is also a designated focal point, which provides a comprehensive delivery of services essential for maintaining the health, independence and well-being for members. The center strives to prevent isolation and encourages socialization.



**First Selectman** (203) 452-5005  
Timothy M. Herbst

**Senior Commission Chair**  
Amy DeZenzo (203) 261-0872

**Director of Human Services** (203) 452-5199  
Michele Jakab

**Administrative Assistant** (203) 452-5137  
Ashley Ryan Grace

**Senior Center Receptionist** (203) 452-5199  
Jeannie Franco

**Social Services** (203) 452-5198  
Jennifer Gillis: Outreach Coordinator

Jane Horton: Pantry Coordinator  
(203) 452-5135

**Wellness Nurse** (203) 452-5134  
C. Teresa Cryan, MSN, RN

## ***2017 Senior Citizen Commission***

Chairman - Amy DeZenzo  
Vice-Chairman - Dee Chiota  
Secretary - Gail D'Elia  
Clerk - Barbara Crandall  
Ron Foligno, Roberta Bellows  
Evelyn Wiesner, Dorothy Merritt  
Mary Moran

### **News from the Trumbull Library**

Hello from the Trumbull Library! While many of you may already use our facilities to check out books and attend programs, we do provide many technology services and classes that are geared towards our senior citizenry. Don't know what to do with that new iPad you received for your birthday? At the main branch we host a number of programs geared towards getting users comfortable with downloading our online collections: eBooks, movies, TV shows, music and more. Yes, you can get a book from the library without ever having to leave your house. **On Friday, May 5th at 10 am, we will have a class on how to download material using Overdrive, our free downloadable eBook service.** You will find out just how easy it is to download books by your favorite authors from our extensive and regularly updated collection.

We also provide classes on computer basics and topical interests. **At the main branch, on Wednesday, May 24th at 10 am, we will have a class on basic internet searching.** **At the Fairchild Branch, we will host a "How to Buy a Computer" class on Wednesday, May 17th at 6:30 pm.** We also have a reservation service at the main branch that will get you a one-on-one session with a librarian where you may ask for expert assistance with your technology device and any other information we can help you with.

We hope to see you around!

Stefan Lyhne-Nielsen  
Library Director



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## Monthly Programs and Games

### The Computer Bar

Every Tuesday

1:00 PM—3:00 PM

Computer not working? Tablet misbehaving? Is your phone acting up? If you have questions we have answers! Our crack team of geeks will be happy to give you some one on one assistance to get your devices up and running to peak perfection! There is a \$2.00 suggested donation for this service.

### Computer Tutor: One on One Sessions

Cathleen Lindstrom

Every Thursday

10:30 AM—12:00 PM

- How to send emails/photos
- How to create a spreadsheet or lists
- What programs to use for letter writing and/or flyers.
- How to use the internet, social media
- How to do almost anything!

For more information and to sign up, please call (203) 452-5137. **Spots fill quickly.** The cost is a suggested donation of \$5.00 for non residents. There is no charge for residents.

### Exciting News!

Shake, Shimmy & Tone

**Belly Dance**

Beginning Friday, May 5th  
8 Week Class

11:30 AM

### Monthly Birthday Party

Friday, May 19th

11:30 AM

Come celebrate our May birthdays! Cake and coffee will be served. This event is sponsored by Synergy Home Care. To RSVP, please call (203) 452-5137.

### Lunch and Movie

Friday, May 26th

11:15 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

#### Feature Film: The Meddler

Marnie Minervini relocated to New Jersey to spend quality time with her daughter . Little did she know, that quality time turned into an enormous change in her life and the lives of others.

**Starring:** Susan Sarandon, Rose Byrne, J.K. Simmons.

To RSVP, please call (203) 452-5137.

### Trumbull Senior Citizen Commission Meeting

Friday, May 26th

10:00 AM

Meetings are held in the Long Hill Conference Room located in Town Hall and are open to the public.

### Lunch Program

Join us for a hot lunch  
Monday-Friday at  
11:45 AM.

Reservations are required.

Call (203) 378-3086

See page 14 for our menu.

## Games



### Super Bingo

Friday, May 19th

1:00 PM—2:30 PM

Prizes and refreshments! Seating is limited. Please RSVP by calling (203) 452-5137. This event is sponsored by the Trumbull Senior Commission, Synergy Home Care, Bridges by EPOCH in Trumbull.

### Bocce Ball

Mondays

9:00 AM

With the welcome of Spring and the beautiful weather, join us outside for a fun game of Bocce Ball.

### Poker

Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game of poker. Don't forget to bring your poker face! Located in the card room.

### Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

Interested in playing Texas Hold'em? Join us in the card room.

### Pinochle

Wednesdays and Thursdays

Fridays

12:30 PM

Join a game and/or start your own!

### Mah-Jongg

Fridays

12:30 PM

Mah-Jongg players meet Friday afternoons in the library and the meeting room. New players are welcomed to join!



## Workshops, Lunch and Learns, Events



### Medicare Boot Camp

**Thursday, May 4th**

**5:30 PM**

Lisa Alhanal, Senior Medicare Patrol Coordinator and CHOICES Counselor from the Southwestern CT Agency on Aging will be conducting a presentation about the ABCs of Medicare, Medicare Part D and the Medicare Savings Program.

For more information and to RSVP, please call (203) 452-5137.

### Community Acupuncture

**Monday, May 8th and 22th**

**9:30 AM and 10:30 AM Session**

Are you interested in trying acupuncture? Join us for a group acupuncture session with Licensed Acupuncturist, Jim Fitzpatrick. \$15.00 for one hour session. Registration is required. For more information and to RSVP, please call (203) 452-5137.

### Family Feud Game

**Wednesday, May 10th**

**10:30 AM**

Join us for a fun game of Family Feud! Adriana Caravakis, Marketing Manager for Visiting Angels, will be the host of the Trumbull Senior Center's Family Feud Game. Refreshments will be served. To RSVP, please call (203) 452-5137.

### Prevention of Medicare Fraud

**Thursday, May 11th**

**10:30 AM**

The Southwestern CT Agency on Aging will conduct a presentation about the prevention, detection and how to report suspected Medicare fraud and common consumer scams. To RSVP, please call (203) 452-5137.

### Mark Albertson Presents:

**Monday, May 15th**

**6:30 PM**

A Well Regulated Militia (Fairchild-Nichols Memorial Branch Library)

### Lunch and Learn Meditation:

**The Art of Inner Peace**

**Wednesday, May 17th**

**12:00 PM-1:00 PM**

Join Meditation and Yoga Teacher, Deborah Swann, to learn about Meditation and its many benefits. In this informative presentation, Deborah will discuss how this transformative life skill, along with mindful breathing, creates a foundation for greater wellbeing, physical vitality and inner peace for each of us. Lunch is included. For more information and to RSVP, please call (203) 452-5137.

### AARP Safe Drivers Course

**Friday, May 19th**

**9:00 AM—1:00 PM**

AARP members pay \$15.00 and non members pay \$20.00. Reservations made by check only. For more information and to RSVP, please call (203) 452-5137.

### Trumbull Senior Center's Annual Spring Tea Party

**Thursday, May 25th**

**11:30 AM**

Wear your most fabulous tea hat and join us for our annual Tea Party. Bigelow Tea will hold a presentation about their enormous variety of teas and the benefits of drinking tea.

A light lunch and dessert will be served.

\$5.00 per person.

Registration is required.

To RSVP, please call (203) 452-5137.



***This year, we will have a fun hat contest!***

***Winner of best, prettiest, and most elegant tea hat will win a prize.***



*Older Americans Month emphasizes the ways older adults are living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.*







## Exercise Classes

**Stretch/Strengthen with Nancy-Mondays at 9:00 AM** Stretch, balance, aerobic and strength exercises to improve flexibility and endurance. Optional: bring weights

**International Folk Dance-Mondays at 10:00 AM** A wonderful exercise for your mind, body and spirit.

**Intermediate Line Dance with Shirley-Mondays at 12:45 PM** Line dance to different types of music.

**Yoga with Jeannie-Mondays at 2:00 PM and Wednesdays at 9:00 AM** This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

**Fit for Life Exercise with Marylou-Tuesdays at 9:15 AM** Low-impact aerobic exercise/dance (including a weights segment). Focus: balance, flexibility, strength and endurance.

**Ballroom Dance with Mike Stavola-Tuesdays at 10:30 AM** Ballroom dance lessons with or without a partner.

**Zumba Lessons with Mike Stavola-Tuesdays at 11:30 AM** Have fun while you dance to energetic music!

**Tai Chi Quan for Better Balance with Alma-Tuesdays at 1:30 PM** Focuses on improving balance, reducing stress and clearing your mind.

**Jazzercise with Marylou-Wednesdays at 10:10 AM** Combination of low-impact aerobic exercise and dance that focuses on balance, flexibility, and strength.

**Tap Dance with Shirley-Wednesdays at 11:00 AM** Experience required. Please bring your own tap shoes.

**Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-Thursdays at 9:00 AM** This class focuses on breath, balance, core and total body strength and stretching.

**Jazzercise with Jeannie-Thursdays at 10:15 AM** A fun aerobic exercise which builds strength and flexibility through dance moves to awesome music.

**Chair Exercise with Nurse Teresa-Thursdays at 11:00 AM** Guided 30 minute class where we gently bend and stretch along with a video demonstration.

**Latin Line Dance with Mike Stavola-Thursdays at 11:30 AM** Ballroom cardio dance to international music.

**QiGong with Julie-Thursdays at 1:30 PM** An ancient Chinese martial art that integrates balance, breathing techniques, and posture. Tea will be served.

**Yoga with Wendy-Thursdays at 6:00 PM** A gentle beginners yoga class that incorporates stretches, breathing techniques and fundamental yoga poses. \$5 per class. \$45.00 for 12 sessions.

**Zumba Gold with Jeannie-Fridays at 9:00 AM** Dance to international music while toning the entire body.

**Tai Chi with David-Fridays at 10:15 AM** An ancient martial art that helps improve balance, relieve stress and pain.



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## Sign up for the *Trumbull eNewsletter*

Stay informed of projects and initiatives in Town through the *Trumbull eNewsletter*. The *eNewsletter* provides subscribers an email summary of updates on projects, department newsletters, and announcements every Saturday morning. The *eNewsletter* also has a link to the Town Calendar of all Board and Commission meetings and agendas. The *Trumbull eNewsletter* is free to subscribe to and residents join as subscribers by going to the Town of Trumbull website at [www.trumbull-ct.gov](http://www.trumbull-ct.gov) and clicking on *Trumbull eNewsletter* under the Stay Connected section. Any resident requiring assistance to subscribe can contact Barbara Whetstone in the First Selectman's office at 203-452-5005.



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## Senior and Disabled Persons *Volunteer Tax Relief*

The town has established a program of *tax relief* for qualifying seniors and disabled persons who choose to give their time, talent and energy by volunteering to provide services to the town. Qualifying taxpayers, who volunteer to provide one hundred (100) hours of service to the Town of Trumbull, shall be eligible for a *tax* credit of a fixed amount up to \$600 upon his or her real estate taxes. In order to qualify for the benefits of this Volunteer Tax Relief Program, residents:

- At the close of the preceding calendar year must be sixty-five (65) years of age and over, or whose spouses, living with them, are sixty-five (65) years of age or over, or sixty (60) years of age or over and the surviving spouse of a taxpayer qualified in this municipality under this section at the time of his or her death or with respect to real property on which such residents or their spouses are liable for taxes
- At the close of the preceding calendar are eligible in accordance with applicable federal regulations to receive permanent total disability benefits under Social Security,
- Are qualified for permanent total disability benefits under any federal, state or local government retirement or disability plan, including the road Retirement Act and any government-related teacher's retirement plan.
- Own or be held in trust for their benefit and occupy as their principal residence, real property in the Town of Trumbull or be liable for the payment of taxes.

Volunteer hours are to be completed in one (1) calendar year. The *tax* credit earned shall be applied to the *tax* bill issued for payment in July of the year following the calendar year of service.

Please contact the First Selectman's office at

(203) 452-5005 or the Senior Center at

(203) 452-5199 if you would like to apply.

**Viola's Fun with Beads : Last Tuesday of the month****May 30th****1:00 PM—3:00 PM**

This workshop is for beginners to advanced jewelry makers. Bring your jewelry in for repairs and/or purchase handmade beads. Make new items such as necklaces, earrings, and bracelets.

Beads are not included; you are welcome to bring in your beads.

There is no cost for this class, supplies are not included.



Jim Fitzpatrick is a Licensed Acupuncturist. Before returning as a private practitioner of Traditional Chinese Medicine, Jim had been the Clinical Director at the University of Bridgeport Acupuncture Institute.

Jim will be holding four community acupuncture sessions each month at the Center. The fee for one session is \$15.00. Each session is one hour. 9:30 AM or 10:30 AM. Registration is required. To RSVP, please call (203) 452-5137.

**Sue's Salon**

Haircuts for men & women

Manicures & pedicures performed by a licensed professional. For an appointment, call (203) 981-7061

**Price List:**

Shampoo/set/blow dry: \$15.00

Shampoo/cut: \$18.00

Neck Trim: \$10.00

Color/cut/set: \$50.00 +

Perm/wash/cut/set/blow dry:  
\$65.00

**Art Classes**

- **Watercolor classes:** Tuesdays or Thursdays at 9:30 AM
- **Drawing:** Mondays at 9:45 AM
- **Oil Painting:** Fridays at 10:00 AM



*Instruction is available for beginners*

**The Trumbull Arts Commission  
presents:**

**2017 "Concerts and Cabarets"**

**May 7th-Radio Ranch Country Western  
1:00 PM**

Cabaret seating, bring your own refreshments: \$5.00 per person

Pre purchase at Arts Office:

Contact: Emily Areson at 203-452-5065

\*Transportation is available. Reservations should be made through Emily Areson at 203-452-5065.

**The Wellness Nurse**

tcryan@trumbull-ct.gov

(203) 452-5134



Teresa Cryan, MSN, RN, APRN, is available at the Senior Center on Wednesdays and Thursdays, from 8:30 AM—3:00 PM. She is also available at Stern Village Housing in Trumbull on Mondays from 8:30 AM -3:00 PM.

**Wellness Nurse Services:**

- **Assesses and records blood pressure readings, nutritional counseling and weight management support**
- **Provides assistance with making doctor appointments**
- **Leads seated exercise program on Thursdays at 11:00 AM**
- **Dementia education, connection to resources, disease prevention, and awareness programs**



**The Trumbull Community Center Study & Building Committee proudly introduce Conceptual Designs for a proposed Community Center. They are available for viewing in the Senior Center lobby.**



Trumbull Community Center

Renderings

### Let's Go Green!

Sign up to receive our newsletter by e-mail. To do our part for the environment, we would like to decrease the amount of newsletters that are sent through the mail. If you would like to receive your newsletter solely through e-mail, please let us know! Simply send us an email letting us know you would like to "go green." Email: Jeannie Franco at [jfranco@trumbull-ct.gov](mailto:jfranco@trumbull-ct.gov)



### How Can I Donate?

**The Trumbull Senior Center is supported by the Town of Trumbull's budget and donations.**

**100% of your donation goes towards adding additional programs and events .**

**All donations are tax deductible and checks can be made payable to the Trumbull Senior Center.**

**Please stop by and take a tour. We can't thank you enough for your support!**

Like us on  
**facebook**



### Meet a Volunteer!

Lou Evan, Café Manager, has been a volunteer with the Trumbull Senior Center for the past year and a half. Lou manages the Snack Bar, oversees big events, and is always willing to provide a helping hand around the Center. Lou has been a Trumbull resident for over 40 years. The Center is lucky to have Lou as a volunteer.

Make sure you stop by the snack bar to say hello!





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 **WinnResidential** A non-denominational community owned by the Diocese of Bridgeport. Professionally managed by WinnResidential. 

**The Trumbull Senior Center would like to thank Sapore Deli for their delicious St. Patrick's Day lunch.**

**Sapore**  
Italian Deli & Catering



**Medical, social, shopping rides and more!:** The Senior Center provides transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides are offered Monday thru Friday. Rides are for those traveling to and from the senior center, medical appointments, legal appointments and nutrition programs.

**Bridgeport Bluefish Game**  
**Wednesday, May 24th**

Take me out to the ball game...!

This year, the Bridgeport Bluefish are celebrating their 20th anniversary. Watch the Bluefish take on the Long Island Ducks. Grab a hotdog and/or popcorn at the concession stand. The ticket cost is \$12.00; you are responsible for the cost of your lunch.

For more information and to RSVP, please call (203) 452-5137.

**Time Schedule:**

- Bus will leave the center by 9:45 AM.
- Bridgeport Bluefish Game—10:35-12:35 PM
- Bus will return to the center by 1:00 PM.

**Captain's Cove Seaport**  
**Wednesday, May 31st**

Come join us for a trip to Captain's Cove Seaport in Bridgeport! Enjoy a nice lunch outdoors while visiting the shops that line the boardwalk.

Don't forget to ask about their famous Fish Fry discount. Transportation is free; you are responsible for the cost of your lunch/shopping.

To RSVP, please call (203) 452-5137.

**Time Schedule:**

- Bus will leave the center by 10:45 AM.
- Captain's Cove Seaport from 11:15 AM—1:30 PM
- Bus will return to the center by 2:00 PM

## Weekly Shopping Trips

- **Thursday, May 4th — Colorblends House and Spring Garden in Bridgeport.** You're invited to visit the suburban, colonial house that has over 40,000 spring flower bulbs that fill the beautiful garden. \$3.00 suggested donation.



- **Thursday, May 11th — ShopRite in Shelton**
- **Thursday, May 18th — Golden Corral in Milford**

Maximum of 14 passengers per trip.

Time schedules are from 10:30 AM—12:30 PM.

For more information and to RSVP, please call 203-452-5137.

Tell us where you want to go!



## Regularly Scheduled Shopping

- **Tuesdays: Stop and Shop**

**Stern Village Residents**

- **Wednesdays: Stop and Shop**

**Please call 203-452-5137  
to sign up!**

**Hyde Park:**

**Culinary Institute \* FDR Home & Museum**

Date: Wednesday, June 7th, 2017

Depart: 7:00 AM, Trumbull Senior Center

Estimated Return Time: 6:45 PM

Cost: \$107.00 Per Person

Includes: Transportation, Tour of the Culinary Institute, Lunch, Tour of PDR Home and Museum, All Taxes and Gratuities (including driver)



**Coins & Claws  
Lobster & Casino!  
Mohegan Sun Casino**  
Date: July 6th  
Cost: \$69.00 Per Person

Includes: Transportation, Lunch at Abbott's, Casino Bonus Package, Driver's Gratuity



**Saratoga  
Off to the Races**  
Date: August 3rd  
Cost: \$71.00

Includes: Transportation, Grandstand Admission, Reserved Seating, Driver's Gratuity



**Block Island Breeze**  
Date: August 14th  
Cost: \$122.00 Per Person

Includes: Transportation, Roundtrip Ferry, Guided Tour of the Island, Lunch at the National Hotel, Taxes and Gratuities



**More Upcoming Trips:**

- 9/11 Memorial and Museum—September 6th
- The Big E— September 20th
- Oktoberfest—October 19th
- Radio City Christmas Show in NYC—November 17th.
- Brooklyn's Holiday Lights—December 4th
- An Amish Christmas Getaway featuring "The Miracle of Christmas" at Sight & Sound —December 6th-8th
- Boars Head Feast at the Williams Inn—December 12th

*For more information about certain trips, please stop by the Center for a flyer and/or call (203) 452-5137 and reference which trip you may be interested in.*

**Over Night Trips**

**Tour:** Discover Switzerland, Austria & Bavaria

**Departing:** Thursday, April 12th, 2018

**Returning:** Saturday, April 21st, 2018

**Double:** \$3,799.00

**Single:** \$4,099.00

**Tour:** Albuquerque Balloon Fiesta  
**Departing:** Thursday, October 11th, 2018

**Returning:** Tuesday, October 16th, 2018

**Triple:** \$2,649.00

**Double:** \$2,679.00

**Single:** \$3,379.00



### Medicare Savings Program

Would you like help with your Medicare costs?

**You could be eligible for the Medicare Savings Program. If your income is at or below \$2,435.40/month for single person and \$3,284.10/month for married couples**, some of your Medicare premiums and prescription costs could be at a lower cost or free. There is no asset limit. Depending on the level of the program you qualify for, you could get help with:

- Payment of Medicare Part B monthly premiums and annual deductible
- Payment of co-insurance and deductible amounts for services covered under both Medicare Parts A and B.
- Automatic enrollment in the low income subsidy for those on Medicare Part D. This program will partially subsidize or completely cover your Medicare Part D premium and lower your prescription costs to just \$2.95-\$7.40. There is also continued coverage through the “donut hole.”

It only takes 5 minutes to see if you are eligible! If you would like to inquire or apply, please call Jennifer Gillis at (203) 452-5198

### ELDERLY AND TOTALLY DISABLED RENTER’S RELIEF PROGRAM:

#### ELIGIBILITY REQUIREMENTS:

Applicant must be age 65 or 100% Disabled (18+) older as of December 31, 2016

**(\*\*\*\*Current proof of disability from Social Security must be provided\*\*\*\*)**

**Applicant must have been a renter in Connecticut during 2016.**

**ANNUAL INCOME GUIDELINES: SINGLE COUPLE: \$35,200.00 COUPLE: \$42,900.00 (Cannot Exceed)**

#### PROOF OF INCOME FOR 2016:

- 1) Social Security benefit statement for 2016 (1099) form
- 2) Bank interest statement and dividends for 2016
- 3) Pension Statement for 2016
- 4) Federal Tax Return for 2016 if filed
- 6) Any and all income from 2016 taxable or non-taxable

If you need proof of Social Security benefits, you can get a benefit verification letter by calling 1-800-772-1213 (this will take 10 days) or register online at [www.socialsecurity.gov](http://www.socialsecurity.gov) and create an account where you can then print a benefits verification letter.

#### PROOF OF EXPENSES PAID IN 2016:

- 1) Rent Receipts signed by landlord or rent ledgers from housing complex for the whole year.
- 2) Statements/bills from electric, gas, water, and fuel showing amounts and dates paid for the whole year.

\*\*\*Call United Illuminating at (800) 722-5584 and request a “PAYMENT PRINTOUT” for the year 2016.\*\*\*

**Please call Social Services to schedule an appointment – NO WALK-INS PLEASE! 203-452-5198**

**Please note: Renters must apply for this program in the town in which they are living when the application is being filed,**

### What Does Social Services Do?

- Home Care Referrals
- Housing referrals and application assistance
- Long Term Care questions
- Medicare Counseling
- Benefit assistance such as SNAP, Medicaid, Energy, and prescription assistance
- Food Pantry assistance

### Would you like to help a family with home heat, groceries, or emergency housing?

Donations can be made to the Social Services Department. 100% of all donations made to the Social Services Department are used solely to assist Trumbull residents with heating assistance, food shopping, and emergency housing. Trumbull is an exceptional place to live, with many residents always willing to lend a hand !

**Trumbull Food Pantry at Priscilla Place. Please call for inquiries.  
Transportation is available for pantry shoppers. Call 203-452-5137**





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## Wesley Village

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**Abriola Parkview**

**Funeral Home**

**419 White Plains Road**

**Trumbull**

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**[www.abriola.com](http://www.abriola.com)**

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**Lisa A. Vane**

—Realtor—

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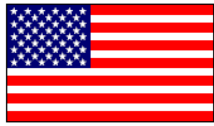
**SHORT TERM REHAB/ LONG TERM CARE**

  
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# May

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Stretch <b>1</b> <b>9:00 Bocce Ball</b> 9:45 Drawing <b>10:00 Folk Dance</b> 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life <b>2</b> 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance <b>10:30 Bruce Museum</b> 11:30 Zumba Lessons 12:30 Dominoes <b>1:00 Computer Bar</b> 1:30 Tai Chi Quan	9:00 Yoga <b>3</b> 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards	9:00 Balance & Core <b>4</b> 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Computer Tutor</b> 11:00 Chair Exercise 11:30 Latin Line Dance 1:30 QiGong <b>5:30 Medicare Bootcamp</b> <b>6:00 Yoga with Wendy</b>	9:00 Dance & Tone <b>5</b> 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Belly Dance</b> 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
9:00 Stretch <b>8</b> <b>9:00 Bocce Ball</b> <b>9:30 Acupuncture</b> 9:45 Drawing <b>10:00 Folk Dance</b> 10:00 Poker 10:30 Bridge <b>10:30 Acupuncture</b> 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life <b>9</b> 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes <b>1:00 Computer Bar</b> 1:30 Tai Chi Quan	9:00 Yoga <b>10</b> 10:00 Poker 10:10 Jazzercise <b>10:30 Family Feud</b> 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards	9:00 Balance & Core <b>11</b> 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Computer Tutor</b> <b>10:30 Medicare Fraud</b> 11:00 Chair Exercise 11:30 Latin Line Dance 1:30 QiGong <b>6:00 Yoga with Wendy</b>	9:00 Dance & Tone <b>12</b> 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Belly Dance</b> 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game  <b>Happy Mother's Day</b> 
9:00 Stretch <b>15</b> <b>9:00 Bocce Ball</b> 9:45 Drawing <b>10:00 Folk Dance</b> 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life <b>16</b> 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes <b>1:00 Computer Bar</b> 1:30 Tai Chi Quan	9:00 Yoga <b>17</b> 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance <b>12:00 Lunch &amp; Learn</b> 12:30 Pinochle 1-4 Billiards Game	9:00 Balance & Core <b>18</b> 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Computer Tutor</b> <b>10:30 Proclamation</b> 11:00 Chair Exercise 11:30 Latin Line Dance 1:30 QiGong <b>6:00 Yoga with Wendy</b>	9:00 Dance & Tone <b>19</b> <b>9:00 AARP Safe Drivers</b> 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi <b>11:30 Monthly Birthday</b> <b>11:30 Belly Dance</b> 12:30 Mahjong 12:30 Pinochle <b>1:00 Super Bingo</b> 1-4 Billiards Game
9:00 Stretch <b>22</b> <b>9:00 Bocce Ball</b> <b>9:30 Acupuncture</b> 9:45 Drawing <b>10:00 Folk Dance</b> 10:00 Poker <b>10:30 Acupuncture</b> 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:15 Fit for Life <b>23</b> 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes <b>1:00 Computer Bar</b> 1:30 Tai Chi Quan	9:00 Yoga <b>24</b> <b>9:30 Bluefish Game</b> 10:00 Poker 10:10 Jazzercise 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards Game	9:00 Balance & Core <b>25</b> 9:30 Water Colors 10:00 Slim Approach 10:15 Jazzercise <b>10:30 Computer Tutor</b> 11:00 Chair Exercise 11:30 Latin Line Dance <b>11:30 Tea Party</b> 1:30 QiGong <b>6:00 Yoga with Wendy</b>	9:00 Dance & Tone <b>26</b> 10:00 Oil Painting 10:00 Poker <b>10:00 Commission</b> 10:15 Tai Chi <b>11:15 Lunch &amp; Movie</b> <b>11:30 Belly Dance</b> 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
<b>29</b> <b>The Center will be closed in observance of Memorial Day.</b> 	<b>30</b> 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes <b>1:00 Computer Bar</b> <b>1:00 Fun with Beads</b> 1:30 Tai Chi Quan	<b>31</b> 9:00 Yoga 10:00 Poker 10:10 Jazzercise <b>10:45 Captain's Cove Trip</b> 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards Game		



# Greater Bridgeport Senior Community Café

Trumbull Café 203-378-3086

## May, 2017



Whole Grain Breads and  
1% or Skim milk provided  
Margarine available

### MENU ITEMS SUBJECT TO CHANGE

### SUGGESTED DONATION \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Tossed Salad</p> <p>Bratwurst with Sauerkraut Potatoes Green Beans</p> <p>Pears</p>	<p>2</p> <p>Broccoli Soup</p> <p>Sautéed Beef Tips Egg Noodles Carrots</p> <p>Apple Pie</p>	<p>3</p> <p>Cole Slaw</p> <p>BBQ Chicken Mashed Potatoes Zucchini</p> <p>Fresh Peach</p>	<p>4</p> <p>Mixed Greens</p> <p>Tortellini with Mushrooms, Eggplant, and Sausage</p> <p>Fruited Jell-O</p>	<p>5</p> <p>Shrimp Bisque</p> <p>Lamb Gyro with Yogurt Sauce Couscous Mixed Vegetables</p> <p>Apples</p>
<p>8</p> <p>Split Pea Soup</p> <p>Sliced Roast Beef Au Jus Mashed Potatoes Carrots</p> <p>Pineapple</p>	<p>9</p> <p>Beet Salad</p> <p>Chicken Marsala Risotto Cakes Broccoli</p> <p>Brownies</p>	<p>10</p> <p>Cabbage Soup</p> <p>Beef Goulash Buttered Noodles Yellow Squash</p> <p>Orange</p>	<p>11</p> <p>Lentil Soup</p> <p>Stuffed Manicotti Meat Sauce Green Beans</p> <p>Chocolate Pudding</p>	<p><b>Mother's Day Special</b> 12</p> <p>Tossed Salad</p> <p>Roast Pork with Pan Gravy Sweet Potatoes Cauliflower</p> <p>Peach Pie</p>
<p>15</p> <p>Chicken Soup</p> <p>Grilled Sirloin Burger Potato Salad Lettuce, Tomato, Onion</p> <p>Fruit Salad</p>	<p>16</p> <p>Caesar Salad</p> <p>Chicken Parmesan Pasta Squash</p> <p>Watermelon</p>	<p>17</p> <p>Macaroni Salad</p> <p>Grilled Pork Chops Wild Rice Blend Red Cabbage</p> <p>Cookies</p>	<p>18</p> <p>White Bean Soup</p> <p>Turkey Meatloaf Mashed Potatoes Brussel Sprouts</p> <p>Honeydew</p>	<p>19</p> <p>Beef Vegetable Soup</p> <p>Vegetable and Cheese Frittata Home fries</p> <p>Blueberry Crisp</p>
<p>22</p> <p>Tossed Salad</p> <p>Braised Veal with Mushrooms Rice Pilaf Asparagus</p> <p>Fresh Fruit</p>	<p>23</p> <p>Green Pea Soup</p> <p>Roast Chicken Sweet Potatoes Beets</p> <p>Pear</p>	<p>24</p> <p>Mixed Greens</p> <p>All Beef Long Dog Potato Salad Corn on the Cob</p> <p><b>Memorial Day Special Lunch</b></p> <p>Sherbet</p>	<p>25</p> <p>French Onion Soup</p> <p>Stuffed Rigatoni Pomodoro Sauce Green Beans</p> <p>Fruit Cocktail</p>	<p>26</p> <p>Tomato Vegetable Soup</p> <p>Battered Dipped Fish with Tartar Sauce Potatoes Spinach</p> <p>Cantaloupe</p>
<p>29</p> <p><b>Memorial Day Closed</b></p> 	<p>30</p> <p>Asian Slaw</p> <p>Chicken Teriyaki Steamed Rice Stir Fry Vegetables</p> <p>Mandarin Oranges</p>	<p>31</p> <p>Lentil Soup</p> <p>Roast Loin of Pork Yams Brussel Sprouts</p> <p>Pumpkin Pie</p>		